



DEPARTMENT OF THE NAVY

NAVY ENVIRONMENTAL HEALTH CENTER
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NAVENVIRHLTHCENINST 6110.1B

CS

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NAVENVIRHLTHCEN INSTRUCTION 6110.1B

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1F
(b) BUPERSINST 1610.10
(c) MILPERSMAN 6110-010
(d) OPNAVINST 5102.1C

1. Purpose. To reemphasize the Navy's Physical Readiness Program and provide additional guidance for the Navy Environmental Health Center (NAVENVIRHLTHCEN) and its field activities. This instruction is a complete revision and should be read in its entirety.

2. Cancellation. NAVENVIRHLTHCENINST 6110.1A

3. Scope. This instruction applies to all active duty and reserve Navy personnel of NAVENVIRHLTHCEN and its field activities.

4. Background. Reference (a) put into effect a Navy-wide program of physical readiness to improve the health, stamina, longevity and appearance of military personnel. The health effects gained by a regimented physical fitness program are well founded. Persons failing to meet the Navy's physical readiness standards and who do not participate in a life-style that promotes optimal health are a detriment to the readiness and sustainability of their units and compromise the overall mission effectiveness of the Navy.

5. Policy. All Navy personnel shall strive to achieve and maintain the highest standard of physical readiness to guarantee operational effectiveness. As ambassadors for preventive medicine, we are obligated to lead by example. Each activity will ensure personnel meet prescribed standards.

6. Responsibilities and Action

a. Commanding Officer, NAVENVIRHLTHCEN and its field activities shall establish and maintain an aggressive and effective Physical Readiness Program which ensures all military members achieve and maintain a condition of physical readiness consistent with the standards defined in reference (a). Specific responsibilities include:

(1) Appointing a Command Fitness Leader (CFL) in writing who has the following qualifications:

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- (a) E-7 or above.
 - (b) Cardiopulmonary Resuscitation (CPR) qualified.
 - (c) Overall Physical Readiness Test (PRT) score of "Excellent-Low" or better.
 - (d) Be within maximum weight for height standards, or no more than 21 percent body fat for males or 32 percent body fat for females.
 - (e) Non-user of tobacco products
 - (f) Complete COMNAVPERCOM-approved five-day CFL certification course.
- (2) Ensure that two Physical Fitness Assessments (PFA) each fiscal year are conducted, at least four months and not more than eight months apart.
- (3) Appoint in writing, an assistant CFL for every 25 personnel being tested.
- (4) Ensure that the command has sufficient members certified and current in CPR to conduct and monitor the Physical Readiness Program.
- (5) Notify personnel of official PRT dates and conduct the PFA no less than 10-12 weeks prior to official PRT. Body composition assessment completed within 10 days, but not less than 48 hours of PRT.
- (6) Ensure that training on physical fitness and nutrition education is provided as part of General Military Training (GMT).
- (7) Enforce administrative and statutory action for members who fail the PRT or who exceed the body composition assessment as specified in reference (a). This includes:
- (a) Notify COMNAVPERSCOM (PERS-834 for officers; PERS-313C for enlisted personnel) of personnel who exceed body composition limits or have failed to participate in his/her official PRT.
 - (b) Ensure results are annotated in evaluation/fitness reports for members passing the PRT.
 - (c) Ensure performance evaluation/fitness report marks are accurately assigned when members fail PRT, fail to participate in PRT when required, or exceed body composition limits, as required by references (b) and (c).
 - (d) Provide formal notification of administrative action to members who fail to meet or

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maintain standards. Notification will be made by a page 13 entry (enlisted) or Commanding officer/Officer in Charge (CO/OIC) written notification.

(8) Ensure individuals who do not meet PFA standards are placed in a Fitness Enhancement Program (FEP), as described in reference (a).

(9) Recognize individuals who achieve and maintain outstanding fitness. Additionally, recognize individuals who have made improvements in physical readiness by comments on fitness reports and evaluations.

(10) Forward PFA results for all command members (using COMNAVPERSCOM-approved Physical Readiness Program software) to COMNAVPERSCOM (PERS 601) within 30 days of completion of testing.

(11) Provide leadership by example to encourage and promote increased levels of physical readiness.

b. CFL's shall:

(1) Complete COMNAVPERSCOM-approved CFL training course as soon as possible upon assignment as CFL.

(2) Schedule and announce official PFA's.

(3) Ensure the PRT is properly conducted. Requirements of the PRT are:

(a) The PRT events shall be completed on the same day in the following sequence: Sit-reach, curl-ups, push-ups, and 1.5 mile run/walk or 500-yard/450-meter swim.

(b) To pass the PRT successfully, the member must meet or exceed the "Satisfactory Marginal" performance standards for curl-ups, push-ups and 1.5 mile run/walk or swim.

FAILURE TO MEET SATISFACTORY REQUIREMENTS FOR ANY ONE OF THESE EVENTS CONSTITUTES FAILURE OF THE PRT.

(c) Members medically waived from one of the three graded events shall receive a mark of "pass" if they meet "satisfactory marginal" on the remaining two events.

(d) Participation in the FEP is required when any physical readiness standard is not achieved. Refer to reference (a) for further FEP guidance.

(e) Participation in a weight management program is required when members exceed, or are in danger of exceeding, body composition assessment standards. Refer to reference (a) for

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further weight management program guidance.

(4) Advise the chain of command on Physical Readiness Program matters, particularly about those individuals who need assistance in meeting physical readiness standards, and those who should receive recognition for improvement or outstanding PRT achievement.

(5) Report to the Command's Safety Officer any Physical Readiness Program related injury so it may be documented as outlined in reference (d).

(6) Maintain and publicize updated nutrition, fitness and other health promotion information.

c. All military personnel shall:

(1) Participate in a lifestyle that promotes optimal health and physical readiness. Failure to take a PRT due to lack of preparedness shall constitute a PRT failure.

(2) Participate in the PRT as required, unless medically waived.

(3) Report injuries or illnesses that may put them at risk of injury during the PRT, FEP, or individual physical conditioning.

7. Resource. The following item has proven to be a valuable tool and is highly recommended for use by the CFL: Navy Nutrition and Weight Control Self Study Guide, NAVPERS 15602A; S/N 0500-LP-009-8780.



D. M. SACK

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